

horizontal and vertical guides intersect is the center point.

To use the device, the golfer must first attach it squarely to the brim of a cap or visor as shown in Fig. 2. The golfer then gets into position with the ball sighted in the center point 56. Maintaining the ball in the center point 56, the golfer's stance can be adjusted using the horizontal guide (12, 54 and 20) to establish a desired shot line 64. Once the golfer's body is aligned with the shot line, the golfer's feet 58 must be positioned parallel to the horizontal guide line. This is done by rotating the head straight down to bring the horizontal guide to the toes as shown in Fig. 4, repositioning the feet accordingly, and returning the head and view back to the center point.

Once the golfer's stance and shot line have been established, the face of the club head 60 can be adjusted. The club face is brought into the vertical guide view 50. The golfer can adjust his or her grip of the club to align the club head face 60 parallel to an inside edge of the vertical guide view 50. By doing this, the club face will strike the ball squarely ensuring ball travel in the projected shot line 64.

The aforementioned descriptions can be useful in both putting and driving. For putting in particular, the swing of the club head can be visually monitored. During a back swing, ball strike, and follow through, the golfer's club head 62 should remain in the horizontal sight guide (12, 54, and 20). This procedure ensures a straight club swing.

The foregoing descriptions are included to illustrate the preferred embodiment of the present invention, and are not meant to limit the scope of the invention. Accordingly, the scope of the invention is only to be limited by the following claims.

## CLAIMS

I claim:

1. A visual golf training aid comprising:

- a thin transparent plastic lens allowing a low level of light transmission;
- five narrow cut lines in one horizontal plane allowing complete light transmission;
- four narrow cut line in two vertical planes allowing complete light transmission.

2. A visual golf training aid described in claim 1 in which:

- the five horizontal cut lines, when in use, comprise a single horizontal sight guide used

to perceive a shot line, align body and feet, maintain a straight club swing;

the four vertical cut lines, when in use, comprise a single vertical sight guide used for club face alignment.

3. A visual golf training aid described in claim 2 in which:

the intersection of the single horizontal sight guide and the single vertical sight guide create a center focal point used to maintain proper head alignment.